

## TOPIC 20: DIABETES AND TOBACCO

### STATEMENT OF THE PROBLEM

People with diabetes who smoke are at greater risk of hypertension, heart disease, nerve damage and eye complications. There is growing evidence that among people with diabetes, smoking aggravates the risk of serious disease and premature death.

### KEY MESSAGES

1. Quitting tobacco is the single most important thing you can do for your health and your family's health.
2. Using tobacco significantly increases your risk for high blood pressure, heart disease, nerve damage and eye complications and makes your diabetes more difficult to control.

### BACKGROUND

- Smoking and diabetes together make it 11 times more likely to die of heart attack or stroke.
- Smoking increases insulin resistance that makes diabetes harder to control with medication.
- Smokers with diabetes are twice as likely to develop nerve damage (neuropathy) and kidney disease (nephropathy).
- People with diabetes who smoke have many more problems with dental disease, bleeding gums and ulcers.
- People with diabetes who smoke or use spit tobacco are twice as likely to have circulation and wound healing problems which can lead to amputation.
- Most tobacco users want to quit and half make a serious attempt each year.
- Advising people to quit doubles the chances that they will try to quit.

### CHW AND PARTICIPANT ACTIVITIES

CHW Actions	Participant Actions
<ul style="list-style-type: none"> <li>• Ask the client if they use tobacco. "Do you use tobacco?"</li> <li>• If yes, advise him/her to quit including the message that quitting tobacco is the single most important thing they can do for their health. "As a</li> </ul>	<ul style="list-style-type: none"> <li>• Contact the Washington State Tobacco Quit Line (1-800-784-8669/ for Spanish-speakers- 1-877-266-3863) for help with quitting tobacco.</li> <li>• Check with your medical center about</li> </ul>

<p>person concerned about your health, I advise you to quit. It is the most important thing you can do for your health.”</p> <ul style="list-style-type: none"> <li>• Ask if the client is ready to quit. “Are you ready to quit?”</li> <li>• If yes, offer the Washington State Tobacco Quit Line number: 1-800 QUIT NOW (784-8669). For Spanish speakers call 1-877-NO FUME (266-3863). Also, let the client know about any resources available at their medical center to help them quit.</li> <li>• If no: Ask if you can leave information for them to read when they are ready to quit.</li> </ul>	<p>resources to help you quit tobacco.</p>
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## TOOLS/TEACHING AIDES

- None

## HANDOUTS

1. **Topic 20 Coversheet**.....[English](#) | [Spanish](#)
2. **Action Plan**.....[English](#) | [Spanish](#)  
Source: [Public Health – Seattle & King County](#)

## REFERENCES

Type 2 Diabetes: A Curriculum for Patients and Health Professionals. American Diabetes Association, 2002.

Washington Tobacco Quitline, [www.smokefreewashington.com](http://www.smokefreewashington.com)

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